

## **Sports Medicine & Rehabilitation Professions 51.2604**

**2026-2027**

**Mrs. Rachel Castro**

**412-469-3200 Ext. 2523**

**Program Description-** Sports Medicine & Rehabilitation Professions program is an instructional program designed to introduce and prepare a pathway for individuals to enter into the fitness and rehabilitation healthcare fields. Individuals will be able to apply technical knowledge and understanding of anatomy and physiology, the human body's response to exercise, medical conditions, neuromusculoskeletal pathologies, therapeutic modalities, injury prevention, injury rehabilitation, exercise prescription, CPR, and First Aid. This course is set up to be 70% theory and 30% hands-on activity and laboratory based. Students will be encouraged to explore and develop plans for future employment or continuing their education to pursue post-secondary degrees in the healthcare and sports medicine field. Students will have the opportunity to obtain industry certifications when applicable throughout the program.

### **Textbooks:**

- Introduction to Sports Medicine and Athletic Training, 3<sup>rd</sup> Edition (Robert France)
- NASM- Essentials of Personal Training (Brian G Sutton) online edition.
- Rehabilitation Techniques for Sports Medicine and Athletic Training, 7<sup>th</sup> Edition (William Prentice)
- Physical Therapy Case Files Orthopedics (Jason Brumitt)

### **Other Resources:**

Computer based resources such as content relevant scholarly articles and research material selected upon teacher's discretion. Students **must** use school provided Chromebooks while in class.

### **Daily Needs:**

- Students are required to have a means of taking notes. (Steel Center Chromebook or notebook). Must have a **binder** to organize yearly material
- Phones must be in lock box by time the bell rings
- Majority of assignments and information will be presented on Canvas and paper copies
- If absent check Canvas and the folder in the front of the room for paper copies
- Students should be dressed in the Sports Medicine uniform daily. After 3 missed uniform days more points will be deducted daily. The first 3 missing uniforms is a 8/10, 2nd 3 sets of missing uniform is a 7/10, etc.
- Students are participating in physical rehabilitation and exercise during class periods that can be dangerous if not following the specific guidelines and instruction
- Students will also be participating in therapeutic techniques that may or may not leave the body feeling sore or fatigued
- Students will be practicing patient/clinician interaction with classmates daily

## **Assessment and Evaluation:**

All tests, quizzes, and assignments will be graded using Steel Center's grading scale:

**90-100: A**

**80-89: B**

**70-79: C**

**60-69: D**

**<60: E/F**

**Incomplete: I**

When the instructor is absent work will be assigned through Canvas. The assigned work will be due by 3pm that day. **No late work will be accepted for those assignments if students are present in class.**

During the final year at Steel Center, students will have to observe or interview someone in the career field of their choice after graduation and present that to the class.

## **Grading:**

**Work Ethics Grade: 34%**

Attendance is incredibly important in career and technical education; therefore, the Daily Work Ethics grade holds the highest weighting towards the students' grade. As stated in the Student Handbook, when a student is absent with an excuse the daily grade may be a maximum of 8/10 when make-up work is completed. Unexcused absences are awarded a maximum of 0/10, with make-up work being given at the teacher's discretion. (Please see attached for the Steel Center Daily Grade Rubric)

*Students can earn 10 points per day for work ethic. Students will be evaluated in the following categories (2 points per category):*

- o Proper Attire*
- o Time Management*
- o Professionalism*
- o Following Directions*
- o Followed Procedures*

## **Task Attainment: 66%**

This metric is a combination of the Skill and Knowledge components previously utilized at Steel Center. This metric measures knowledge, comprehension, and ability to apply theoretical concepts. This includes, but is not limited to, compositions, presentations, quizzes and tests. This is also where all in class activities and practice labs are included. This metric also measures the students' ability to complete performance tasks in the lab/shop area.

## **Assignments/Timeline:**

Quizzes, tests, projects, and assignments will be assigned throughout the course of the year to measure and assess the understanding of material.

## **Attendance/Make-up work**

Only with an excused absence may students make up work. Students may take as many days as they were absent to make-up late work. For example, if a student was absent 1 day and has a note stating they were at a doctor's visit, they may take 1 day to turn in that assignment. If students **do not** have an excused absence, it is a 0 for the day and assignments missed.

Students will **only** have half of the 9 weeks to make-up late work. For example, if progress reports are due on 4/23 and the 9 weeks started on 3/19 they would have until 3/19-4/22 to turn in work for that half of the 9 weeks. Then they will have from 4/23 to the day before grades are due for the end of the 9 weeks to turn in work for that half of the 9 weeks.

## **Classroom Rules:**

1. Students need to have belongings locked in their locker, be seated with supplies, and ready to work at the start of class
2. No use of outside computers or tablets in class
3. Phones must be in the lock box when the bell rings. If there are outstanding circumstances please contact me
4. Trips to the vending machine will only be permitted at the beginning 15 minutes and end 15 minutes of class
5. Restrooms require a hall pass and only one student at a time may use the facility
6. Students are expected to be respectful at all times and communicate effectively
7. Bullying of any kind will not be tolerated
8. Professionalism and appropriate behavior are expected at all times

## **Laboratory Rules:**

1. Open toe shoes are not permitted
  - a. Students should be prepared to be physically active in every class
2. Students will only use equipment after passing safety testing and when instructed in a correct manner
3. Equipment necessary for the daily lab should only be in use for that day unless given a day in lab
4. Absolutely no horseplay in the lab
5. No food or drinks in the laboratory

## **Consequences:**

1. Warnings
2. Point deductions of daily grade
3. Parental consultation
4. Office referral
5. Automatic 0 and parent contact for academic dishonesty (cheating)

### **\*Please Note\***

Failure to comply with the above rules will result in a deduction of daily grade. Depending on the severity of the infraction referrals to the principal will be made according to the 2026-2027 Steel Center CTE Student Handbook.

**Steel Center for CTE**  
**Mrs. Rachel Castro**  
**SYLLABUS AND PROGRAM RULES ACKNOWLEDGEMENT SHEET**

**FOR STUDENT:**

With my signature, I acknowledge that I am fully aware of the rules, procedures, and expectations for my CTE program of study. I understand that my signature indicated awareness and not necessarily approval.

**Student name print:** \_\_\_\_\_

**Student signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

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**FOR PARENT/GUARDIANS:**

With my signature, I acknowledge that I am fully aware of the rules, procedures, and expectations for my child's CTE program of study. I understand that my signature indicates awareness and not necessarily approval.

**Parent/Guardian name print:** \_\_\_\_\_

**Parent/Guardian signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Parent/Guardian Contact Form**

Please fill out the remaining fields so that I can contact you when needed. Please use the extra space as needed.

Student Name:

\_\_\_\_\_

Parent/Guardian Name(s):

\_\_\_\_\_

\_\_\_\_\_

Parent/Guardian email(s):

\_\_\_\_\_

\_\_\_\_\_

Parent/Guardian Phone number(s):

Home: \_\_\_\_\_

Cell: \_\_\_\_\_

**Please circle the primary method of contact\*\*\***